



## ADA Facts

# CSTAR SERVICES

The Comprehensive Substance Abuse Treatment and Rehabilitation Program (CSTAR) is a unique approach to substance abuse and addiction treatment. It offers a flexible combination of clinical services, living arrangements and support services that are individually tailored for each client.

The CSTAR model was developed by Missouri's Division of Alcohol and Drug Abuse and is funded by Missouri's Medicaid program and the Division's purchase-of-service system. In the past, inpatient or residential treatment temporarily removed a person from the problem environment with little or no follow-up care. CSTAR focuses on providing a complete continuum of recovery services, including extended outpatient services, in the community and, where possible, close to home.

### ▼ CSTAR Goals:

- Serve clients where they live
- Provide outpatient services as an alternative to residential treatment when it is clinically appropriate to do so
- Assist clients to develop and maintain a safe, substance-free lifestyle

### ▼ CSTAR Includes:

- Screening
- Assessment
- Diagnosis by a Licensed Professional
- An Individualized Treatment Plan, including any of all of the following services:
  - Individual Counseling
  - Group Education
  - Group Counseling
  - Family therapy
  - Codependency therapy
  - Management of co-occurring disorders
  - Community Support
  - Academic education (adolescent programs)
  - Child care (women's programs)
  - Transportation to and from CSTAR services

## **Treatment can begin at any level of care:**

Level I: Primary Treatment (outpatient or residential)  
Level II: Intensive Outpatient Treatment  
Level III: Supported Recovery (outpatient counseling)

**Specialized services are provided for Adolescents and for Women and Children.**

### **▼ Adolescent Treatment Programs**

Early intervention, comprehensive treatment, academic education, and aftercare are important in averting chronic abuse and accompanying problems that might otherwise follow a young person for a lifetime. The specially trained staff of adolescent CSTAR programs utilize individual, group and family interventions.

### **▼ Women's Treatment Programs**

Substance abuse and addiction affects women differently than men, both physically and psychologically. Single women, pregnant women, and women with children may enter specialized women's CSTAR treatment programs. These programs provide a complete continuum of treatment services and housing supports tailored to the unique needs of women and children.



For more information,  
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